



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 36000, APPLEBEE'S, 9 oz house sirloin steak

Report Date: July 04, 2017 16:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	61.88	6	0.740	60.2	64.8	5.0	59.982	63.784	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	189	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	791	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein ¹	g	26.85	6	0.499	25.6	28.6	5.0	25.566	28.133	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) ¹	g	9.08	6	0.376	7.4	9.9	5.0	8.116	10.051	1	Analytical or derived from analytical	--	03/2013
Ash ¹	g	2.28	6	0.063	2.08	2.5	5.0	2.115	2.438	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Sugars, total ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Sucrose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

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Glucose (dextrose) ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Fructose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lactose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Maltose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Galactose ¹	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Minerals													
Calcium, Ca ¹	mg	16	6	0.174	16	17	5.0	15.836	16.731	1	Analytical or derived from analytical	--	03/2013
Iron, Fe ¹	mg	2.07	6	0.170	1.57	2.52	5.0	1.635	2.508	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg ¹	mg	24	6	0.387	23	26	5.0	22.672	24.661	1	Analytical or derived from analytical	--	03/2013
Phosphorus, P ¹	mg	202	6	2.717	193	212	5.0	194.515	208.485	1	Analytical or derived from analytical	--	03/2013
Potassium, K ¹	mg	350	6	6.110	334	370	5.0	334.293	365.707	1	Analytical or derived from analytical	--	03/2013

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Sodium, Na ¹	mg	604	6	20.672	535	664	5.0	550.861	657.139	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn ¹	mg	5.35	6	0.279	4.39	6.15	5.0	4.634	6.069	1	Analytical or derived from analytical	--	03/2013
Copper, Cu ¹	mg	0.076	6	0.002	0.07	0.08	5.0	0.071	0.08	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn ¹	mg	0.014	6	0.001	0.01	0.02	5.0	0.01	0.017	1	Analytical or derived from analytical	--	03/2013
Selenium, Se ¹	µg	24.7	3	1.184	22.3	25.9	2.0	19.574	29.76	1	Analytical or derived from analytical	--	03/2013
Vitamins													
Thiamin ¹	mg	0.050	3	0.001	0.05	0.05	2.0	0.045	0.055	1	Analytical or derived from analytical	--	03/2013
Riboflavin ¹	mg	0.287	3	0.003	0.28	0.29	2.0	0.272	0.301	1	Analytical or derived from analytical	--	03/2013
Niacin ¹	mg	4.903	3	0.133	4.67	5.13	2.0	4.332	5.475	1	Analytical or derived from analytical	--	03/2013
Pantothenic acid ¹	mg	0.345	2	--	0.32	0.37	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 ¹	mg	0.575	3	0.014	0.56	0.6	2.0	0.516	0.634	1	Analytical or derived from analytical	--	03/2013

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Vitamin B-12 1	µg	2.00	3	0.200	1.6	2.2	2.0	1.139	2.861	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol 1	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) 1	mg	0.37	3	0.031	0.32	0.43	2.0	0.234	0.502	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma 1	mg	0.11	3	0.011	0.1	0.13	2.0	0.063	0.153	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta 1	mg	0.02	3	0.012	0	0.04	2.0	-0.027	0.074	1	Analytical or derived from analytical	--	03/2013
Lipids													
Fatty acids, total saturated	g	3.477	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013

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6:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
8:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
10:0 1	g	0.008	3	0.000	0.01	0.01	2.0	0.008	0.011	1	Analytical or derived from analytical	--	03/2013
12:0 1	g	0.008	3	0.001	0.01	0.01	2.0	0.007	0.012	1	Analytical or derived from analytical	--	03/2013
14:0 1	g	0.263	3	0.019	0.26	0.33	2.0	0.214	0.381	1	Analytical or derived from analytical	--	03/2013
15:0 1	g	0.040	3	0.005	0.04	0.05	2.0	0.024	0.066	1	Analytical or derived from analytical	--	03/2013
16:0 1	g	2.117	3	0.155	2.12	2.65	2.0	1.729	3.06	1	Analytical or derived from analytical	--	03/2013
17:0 1	g	0.103	3	0.013	0.1	0.14	2.0	0.062	0.172	1	Analytical or derived from analytical	--	03/2013
18:0 1	g	0.925	3	0.056	0.95	1.15	2.0	0.805	1.289	1	Analytical or derived from analytical	--	03/2013
20:0 1	g	0.007	3	0.000	0.01	0.01	2.0	0.006	0.009	1	Analytical or derived from analytical	--	04/2009

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22:0 ¹	g	0.001	3	0.002	0	0.01	2.0	-0.005	0.009	1	Analytical or derived from analytical	--	03/2013
24:0 ¹	g	0.003	3	0.001	0	0.01	2.0	-0.002	0.009	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total monounsaturated	g	4.350	--	--	--	--	--	--	--	1	Calculated or imputed	--	03/2013
14:1 ¹	g	0.097	3	0.005	0.1	0.12	2.0	0.087	0.132	1	Analytical or derived from analytical	--	03/2013
15:1 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
16:1 undifferentiated ¹	g	0.416	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
16:1 c ¹	g	0.392	3	0.026	0.39	0.47	2.0	0.331	0.555	1	Analytical or derived from analytical	--	03/2013
16:1 t ¹	g	0.024	3	0.002	0.02	0.03	2.0	0.017	0.038	1	Analytical or derived from analytical	--	04/2009
17:1 ¹	g	0.093	3	0.016	0.09	0.14	2.0	0.038	0.172	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated ¹	g	3.716	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

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18:1 c ¹	g	3.481	3	0.264	3.59	4.46	2.0	2.8	5.076	1	Analytical or derived from analytical	--	03/2013
18:1 t ¹	g	0.236	3	0.017	0.23	0.29	2.0	0.193	0.34	1	Analytical or derived from analytical	--	03/2013
20:1 ¹	g	0.028	3	0.006	0.02	0.04	2.0	0.007	0.057	1	Analytical or derived from analytical	--	03/2013
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
22:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
24:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Fatty acids, total polyunsaturated	g	0.532	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated ¹	g	0.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c ¹	g	0.308	3	0.012	0.33	0.37	2.0	0.297	0.399	1	Analytical or derived from analytical	--	03/2013

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18:2 CLAs ¹	g	0.037	3	0.003	0.04	0.05	2.0	0.028	0.056	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined ¹	g	0.054	3	0.011	0.04	0.08	2.0	0.016	0.107	1	Analytical or derived from analytical	--	03/2013
18:3 undifferentiated ¹	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
18:3 n-3 c,c,c (ALA) ¹	g	0.024	3	0.001	0.03	0.03	2.0	0.023	0.03	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c ¹	g	0.001	3	0.001	0	0	2.0	-0.002	0.005	1	Analytical or derived from analytical	--	03/2013
18:3i ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:4 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c ¹	g	0.002	3	0.001	0	0	2.0	-0.003	0.008	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated ¹	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
20:3 n-6 ¹	g	0.022	3	0.002	0.02	0.03	2.0	0.016	0.033	1	Analytical or derived from analytical	--	03/2013

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20:4 undifferentiated ¹	g	0.056	3	0.003	0.06	0.07	2.0	0.052	0.075	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) ¹	g	0.005	3	0.001	0.01	0.01	2.0	0.003	0.009	1	Analytical or derived from analytical	--	03/2013
22:4 ¹	g	0.009	3	0.002	0.01	0.01	2.0	0.001	0.018	1	Analytical or derived from analytical	--	03/2013
22:5 n-3 (DPA) ¹	g	0.013	3	0.000	0.01	0.02	2.0	0.014	0.017	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) ¹	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total trans	g	0.314	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.260	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol ¹	mg	79	3	1.317	78	82	2.0	73.3	84.633	1	Analytical or derived from analytical	--	03/2013
Amino Acids													
Tryptophan ²	g	0.356	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine ²	g	1.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine ²	g	1.334	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 2	g	2.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine 2	g	2.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Methionine 2	g	0.648	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cystine 2	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine 2	g	1.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine 2	g	0.984	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine 2	g	1.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine 2	g	1.875	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine 2	g	0.976	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine 2	g	1.594	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid ²	g	2.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid ²	g	4.323	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glycine ²	g	1.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Proline ²	g	1.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine ²	g	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12c, 2008 Beltsville MD